

ABSTRACT OF THE DISCLOSURE

A concentrated nutritional marinade having a smooth consistency free of bits and chunks that includes olive oil, onion, garlic, fresh basil, fresh lemon juice, salt, pepper, and oregano. The olive oil, the onion, the garlic, the fresh basil, the fresh lemon juice, the salt, the pepper, and the oregano are blended in a blender to form a nutritional marinade having a smooth consistency free of bits and chunks. The nutritional marinade having a smooth consistency free of bits and chunks is then frozen to form the concentrated nutritional marinade having a smooth consistency free of bits and chunks.